

From BurnOut to BlossomOut...



Let's have coaching conversations
to prevent, manage and recover
from burnout.

Coaching Sessions Details

This is one of the signature coaching programmes of Calling Success Ltd. The coaching sessions -

- Helps professionals prevent burnout before it happens, using strategies for identifying stressors, building self awareness, self-care practices, developing healthy boundaries and stress management.
- Aids professionals to break through burnout, using strategies for identifying stressors & limiting beliefs, building self-care practices, developing resilience & healthy boundaries and creating a healthy work-life balance.
- Is focused on helping individuals recover from burnout, using strategies for building self-awareness, setting boundaries, and developing healthy coping mechanisms.

Note: Due to our individual uniqueness, the outcomes of this program may vary among us.